



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01040, Cheese, swiss

Report Date: June 22, 2017 10:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	37.63	--	0.136	36.8	38.2	7.0	37.313	37.957	1	Analytical or derived from analytical	--	02/2015
Energy	kcal	393	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Energy	kJ	1645	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Protein ¹	g	26.96	--	0.236	25.7	28.3	6.0	26.378	27.548	1	Analytical or derived from analytical	--	02/2015
Total lipid (fat) ¹	g	30.99	--	0.239	29.65	32.1	6.0	30.395	31.58	1	Analytical or derived from analytical	--	02/2015
Ash ¹	g	2.97	--	0.041	2.81	3.18	6.0	2.875	3.074	1	Analytical or derived from analytical	--	02/2015
Carbohydrate, by difference	g	1.44	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Sucrose ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Fructose ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Lactose ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Maltose ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Galactose ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Minerals													
Calcium, Ca ¹	mg	890	--	9.597	842	938	8.0	867.998	912.163	1	Analytical or derived from analytical	--	02/2015
Iron, Fe ¹	mg	0.13	--	0.004	0.1	0.19	8.0	0.122	0.142	1	Analytical or derived from analytical	--	02/2015
Magnesium, Mg ¹	mg	33	--	0.390	32	35	9.0	32.481	34.259	1	Analytical or derived from analytical	--	02/2015
Phosphorus, P ¹	mg	574	--	4.448	553	594	9.0	563.989	584.171	1	Analytical or derived from analytical	--	02/2015
Potassium, K ¹	mg	72	--	2.679	57	96	7.0	65.512	78.159	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na ¹	mg	187	--	10.837	144	248	6.0	159.72	213.349	1	Analytical or derived from analytical	--	02/2015
Zinc, Zn ¹	mg	4.37	--	0.039	4.17	4.58	8.0	4.28	4.459	1	Analytical or derived from analytical	--	02/2015
Copper, Cu ¹	mg	0.047	--	0.003	0.04	0.08	6.0	0.039	0.056	1	Analytical or derived from analytical	--	02/2015
Manganese, Mn ¹	mg	0.026	--	0.002	0.02	0.03	9.0	0.023	0.03	1	Analytical or derived from analytical	--	02/2015
Selenium, Se ¹	µg	30.0	--	0.465	28.9	32.5	2.0	28.292	31.694	1	Analytical or derived from analytical	--	02/2015
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin ¹	mg	0.011	--	0.002	0.01	0.02	2.0	0.001	0.021	1	Analytical or derived from analytical	--	02/2015
Riboflavin ¹	mg	0.302	--	0.003	0.29	0.32	4.0	0.293	0.311	1	Analytical or derived from analytical	--	02/2015
Niacin ¹	mg	0.064	--	0.011	0.02	0.12	3.0	0.026	0.103	1	Analytical or derived from analytical	--	02/2015
Pantothenic acid ¹	mg	0.353	--	0.014	0.33	0.38	1.0	0.17	0.536	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 ¹	mg	0.071	--	0.001	0.07	0.08	4.0	0.067	0.075	1	Analytical or derived from analytical	--	02/2015
Folate, total ¹	µg	10	--	--	8	11	--	--	--	1	Analytical or derived from analytical	--	02/2015
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Folate, DFE	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Choline, total ²	mg	15.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Betaine ²	mg	0.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Vitamin B-12 ¹	µg	3.06	--	0.258	2.3	3.9	4.0	2.333	3.787	1	Analytical or derived from analytical	--	02/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	288	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Retinol ¹	µg	283	--	20.781	226	318	1.0	32.203	534.265	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta 1	µg	61	--	3.788	56	70	1.0	16.473	104.76	1	Analytical or derived from analytical	--	02/2015
Carotene, alpha 1	µg	1	--	0.164	0	1	1.0	-1.452	2.504	1	Analytical or derived from analytical	--	02/2015
Cryptoxanthin, beta 1	µg	2	--	0.092	2	2	2.0	1.297	2.351	1	Analytical or derived from analytical	--	02/2015
Vitamin A, IU	IU	1047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Lycopene 1	µg	1	--	0.528	0	2	1.0	-4.225	5.53	1	Analytical or derived from analytical	--	02/2015
Lutein + zeaxanthin 1	µg	8	--	1.608	6	12	1.0	-12.526	28.319	1	Analytical or derived from analytical	--	02/2015
Vitamin E (alpha-tocopherol) 1	mg	0.60	--	0.068	0.35	0.75	2.0	0.313	0.878	1	Analytical or derived from analytical	--	02/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1	mg	0.02	--	0.023	0	0.12	2.0	-0.075	0.12	1	Analytical or derived from analytical	--	02/2015
Tocopherol, gamma 1	mg	0.07	--	0.021	0	0.11	2.0	-0.005	0.155	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta ¹	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Vitamin D2 (ergocalciferol) ¹	µg	0.0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Vitamin D3 (cholecalciferol) ¹	µg	0.0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2015
Vitamin K (phylloquinone) ¹	µg	1.4	--	--	1.3	1.5	--	--	--	1	Analytical or derived from analytical	--	02/2015
Lipids													
Fatty acids, total saturated	g	18.227	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
4:0 ¹	g	0.681	--	0.011	0.61	0.73	6.0	0.653	0.71	1	Analytical or derived from analytical	--	02/2015
6:0 ¹	g	0.542	--	0.007	0.5	0.58	5.0	0.524	0.561	1	Analytical or derived from analytical	--	02/2015
8:0 ¹	g	0.327	--	0.004	0.31	0.36	5.0	0.316	0.337	1	Analytical or derived from analytical	--	02/2015
10:0 ¹	g	0.768	--	0.009	0.74	0.84	5.0	0.746	0.789	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0 1	g	0.875	--	0.010	0.84	0.96	5.0	0.848	0.901	1	Analytical or derived from analytical	--	02/2015
14:0 1	g	2.919	--	0.030	2.76	3.06	5.0	2.842	2.996	1	Analytical or derived from analytical	--	02/2015
15:0 1	g	0.305	--	0.004	0.29	0.32	7.0	0.296	0.314	1	Analytical or derived from analytical	--	02/2015
16:0 1	g	8.358	--	0.037	8.18	8.62	6.0	8.269	8.446	1	Analytical or derived from analytical	--	02/2015
17:0 1	g	0.189	--	0.002	0.18	0.2	6.0	0.186	0.193	1	Analytical or derived from analytical	--	02/2015
18:0 1	g	3.196	--	0.058	2.8	3.47	5.0	3.051	3.341	1	Analytical or derived from analytical	--	02/2015
20:0 1	g	0.044	--	0.001	0.04	0.05	9.0	0.042	0.045	1	Analytical or derived from analytical	--	02/2015
22:0 1	g	0.014	--	0.000	0.01	0.02	10.0	0.014	0.015	1	Analytical or derived from analytical	--	02/2015
24:0 1	g	0.009	--	0.000	0.01	0.01	6.0	0.008	0.009	1	Analytical or derived from analytical	--	02/2015
Fatty acids, total monounsaturated	g	8.046	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:1 1	g	0.297	--	0.006	0.25	0.32	5.0	0.282	0.311	1	Analytical or derived from analytical	--	02/2015
15:1 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
16:1 undifferentiated 1	g	0.565	--	0.016	0.46	0.63	7.0	0.526	0.603	1	Analytical or derived from analytical	--	02/2015
16:1 c 1	g	0.463	--	0.016	0.37	0.53	8.0	0.426	0.499	1	Analytical or derived from analytical	--	02/2015
16:1 t 1	g	0.102	--	0.002	0.09	0.11	6.0	0.098	0.106	1	Analytical or derived from analytical	--	02/2015
17:1 1	g	0.062	--	0.001	0.06	0.07	9.0	0.06	0.065	1	Analytical or derived from analytical	--	02/2015
18:1 undifferentiated 1	g	7.060	--	0.133	6.19	7.64	5.0	6.719	7.402	1	Analytical or derived from analytical	--	02/2015
18:1 c 1	g	6.369	--	0.082	5.79	6.81	5.0	6.158	6.58	1	Analytical or derived from analytical	--	02/2015
18:1 t 1	g	0.692	--	0.075	0.01	0.83	5.0	0.499	0.884	1	Analytical or derived from analytical	--	02/2015
20:1 1	g	0.060	--	0.001	0.06	0.07	9.0	0.058	0.062	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated ¹	g	0.002	--	0.000	0	0	7.0	0.002	0.002	1	Analytical or derived from analytical	--	02/2015
22:1 c ¹	g	0.002	--	0.000	0	0	7.0	0.002	0.002	1	Analytical or derived from analytical	--	02/2015
22:1 t ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
24:1 c ¹	g	0.000	--	0.000	0	0	5.0	--	0.001	1	Analytical or derived from analytical	--	02/2015
Fatty acids, total polyunsaturated	g	1.341	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
18:2 undifferentiated ¹	g	1.086	--	0.015	0.99	1.16	5.0	1.048	1.125	1	Analytical or derived from analytical	--	02/2015
18:2 n-6 c,c ¹	g	0.734	--	0.007	0.7	0.78	6.0	0.716	0.751	1	Analytical or derived from analytical	--	02/2015
18:2 CLAs ¹	g	0.161	--	0.005	0.12	0.18	6.0	0.149	0.174	1	Analytical or derived from analytical	--	02/2015
18:2 t not further defined ¹	g	0.191	--	0.005	0.15	0.21	6.0	0.179	0.203	1	Analytical or derived from analytical	--	02/2015
18:3 undifferentiated ¹	g	0.129	--	0.005	0.11	0.16	7.0	0.118	0.139	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-3 c,c,c (ALA) ¹	g	0.125	--	0.004	0.11	0.15	7.0	0.115	0.134	1	Analytical or derived from analytical	--	02/2015
18:3 n-6 c,c,c ¹	g	0.002	--	0.000	0	0	8.0	0.001	0.003	1	Analytical or derived from analytical	--	02/2015
18:3i ¹	g	0.002	--	0.000	0	0	8.0	0.001	0.003	1	Analytical or derived from analytical	--	02/2015
18:4 ¹	g	0.001	--	0.001	0	0	9.0	--	0.003	1	Analytical or derived from analytical	--	02/2015
20:2 n-6 c,c ¹	g	0.007	--	0.000	0.01	0.01	10.0	0.006	0.007	1	Analytical or derived from analytical	--	02/2015
20:3 undifferentiated ¹	g	0.035	--	0.000	0.03	0.04	9.0	0.034	0.036	1	Analytical or derived from analytical	--	02/2015
20:3 n-6 ¹	g	0.032	--	0.000	0.03	0.04	10.0	0.032	0.033	1	Analytical or derived from analytical	--	02/2015
20:4 undifferentiated ¹	g	0.046	--	0.001	0.04	0.05	8.0	0.044	0.049	1	Analytical or derived from analytical	--	02/2015
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:4 ¹	g	0.007	--	0.000	0.01	0.01	6.0	0.006	0.008	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA) ¹	g	0.018	--	0.001	0.02	0.02	8.0	0.017	0.019	1	Analytical or derived from analytical	--	02/2015
22:6 n-3 (DHA) ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.987	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Fatty acids, total trans-monoenoic	g	0.793	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Cholesterol ¹	mg	93	--	1.186	90	96	2.0	88.65	97.858	1	Analytical or derived from analytical	--	02/2015
Amino Acids													
Tryptophan	g	0.401	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01040	11/1976
Threonine	g	1.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01040	11/1976
Isoleucine	g	1.537	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01040	11/1976
Leucine	g	2.959	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01040	11/1976
Lysine	g	2.585	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01040	11/1976
Methionine	g	0.784	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01040	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine	g	0.290	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01040	11/1976
Phenylalanine	g	1.662	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01040	11/1976
Tyrosine	g	1.693	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01040	11/1976
Valine	g	2.139	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01040	11/1976
Arginine	g	0.927	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01040	11/1976
Histidine	g	1.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01040	11/1976
Alanine	g	0.914	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01040	11/1976
Aspartic acid	g	1.569	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01040	11/1976
Glutamic acid	g	5.704	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01040	11/1976
Glycine	g	0.508	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01040	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline	g	3.690	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01040	11/1976
Serine	g	1.640	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01040	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18c, 2014 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4c, 2001 Beltsville MD